



Name:

Today's Date:

Please give me the following update to increase the efficiency of our session:

How you feeling?

Improvements?

Increased Symptoms?

Which behaviors or strategies are helping right now?

Which behaviors or strategies are creating challenges right now?

How do you feel about your program?

What would you like to focus on during today's appointment?

Ideal Protein Patients only:

Program Phase:

1 2 3 4

_____ This morning's home weight

_____ Ketosis

Where are you logging?

I'm not

In a journal

On MyFitnessPal.com

Username:

Password:

Customized Nutrition Patients only:

_____ Average oz of water daily

_____ Average daily calories

_____ Average # of meals daily

_____ Average # of snacks daily

_____ Average # of hours of sleep

_____ Avg # of exercise/ week

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I'm not

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